

NEW FOREST CONSULTATIVE PANEL PRESENTATION



Thursday November 7th 2013
Lyndhurst Park Hotel, Lyndhurst

The Transition Movement (AKA Transition Towns & Transition Network) is *“a grassroots network of communities that are working to build resilience in response to cheap energy (“peak oil”), climate destruction, and economic instability”* (Wikipedia)

WHOLE LIVING SYSTEMS

Permaculture and the Origins of The Transition Movement



The foundation of the Transition movement lie in Permaculture.

Literally 'Permanent Culture.'

Rob Hopkins, the founder of the transition movement, was teaching Permaculture in Kinsale, Ireland where the idea was born

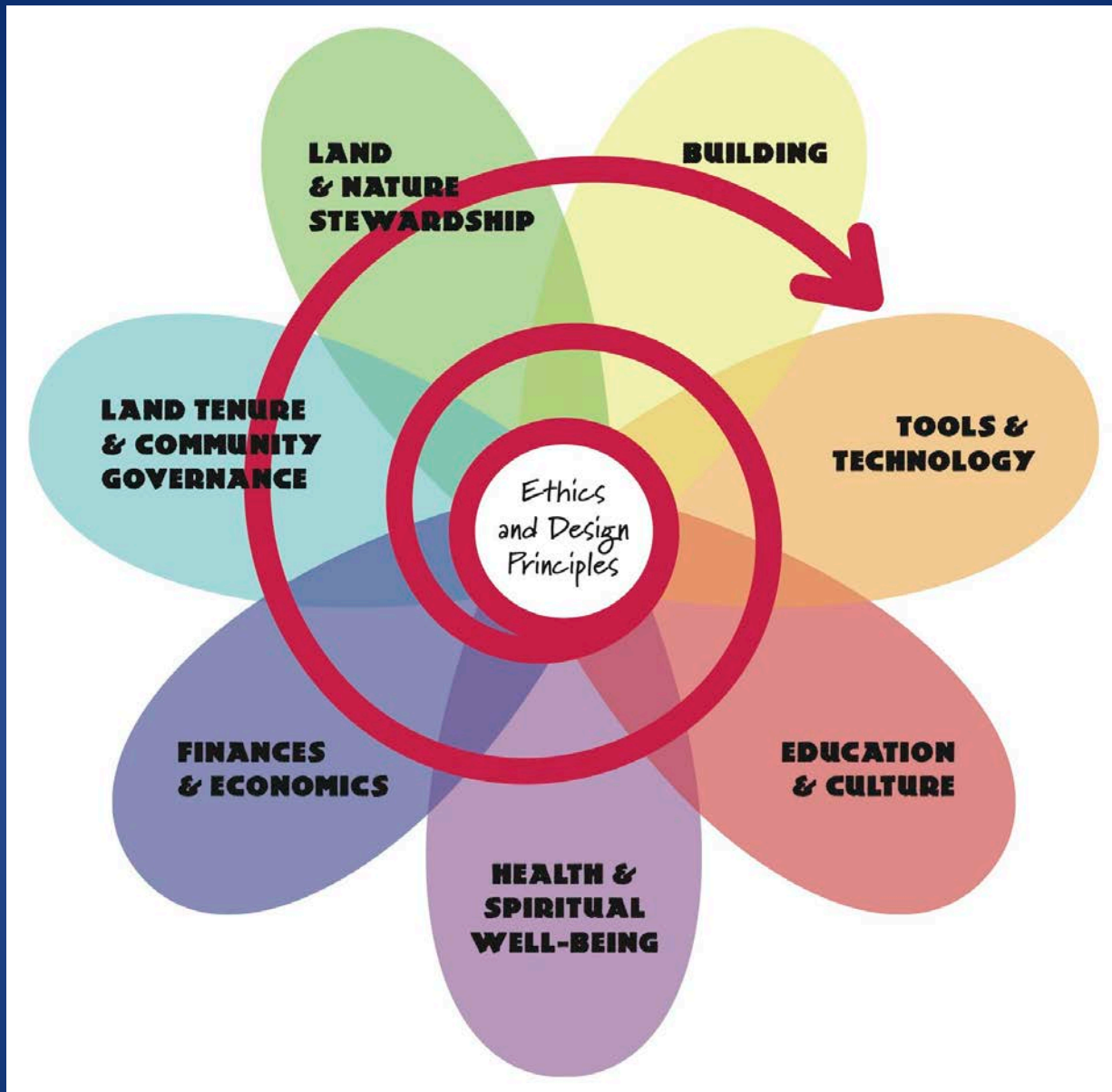
The core tenets of Permaculture are:

Take care of the earth: *Provision for all life systems to continue and multiply.*

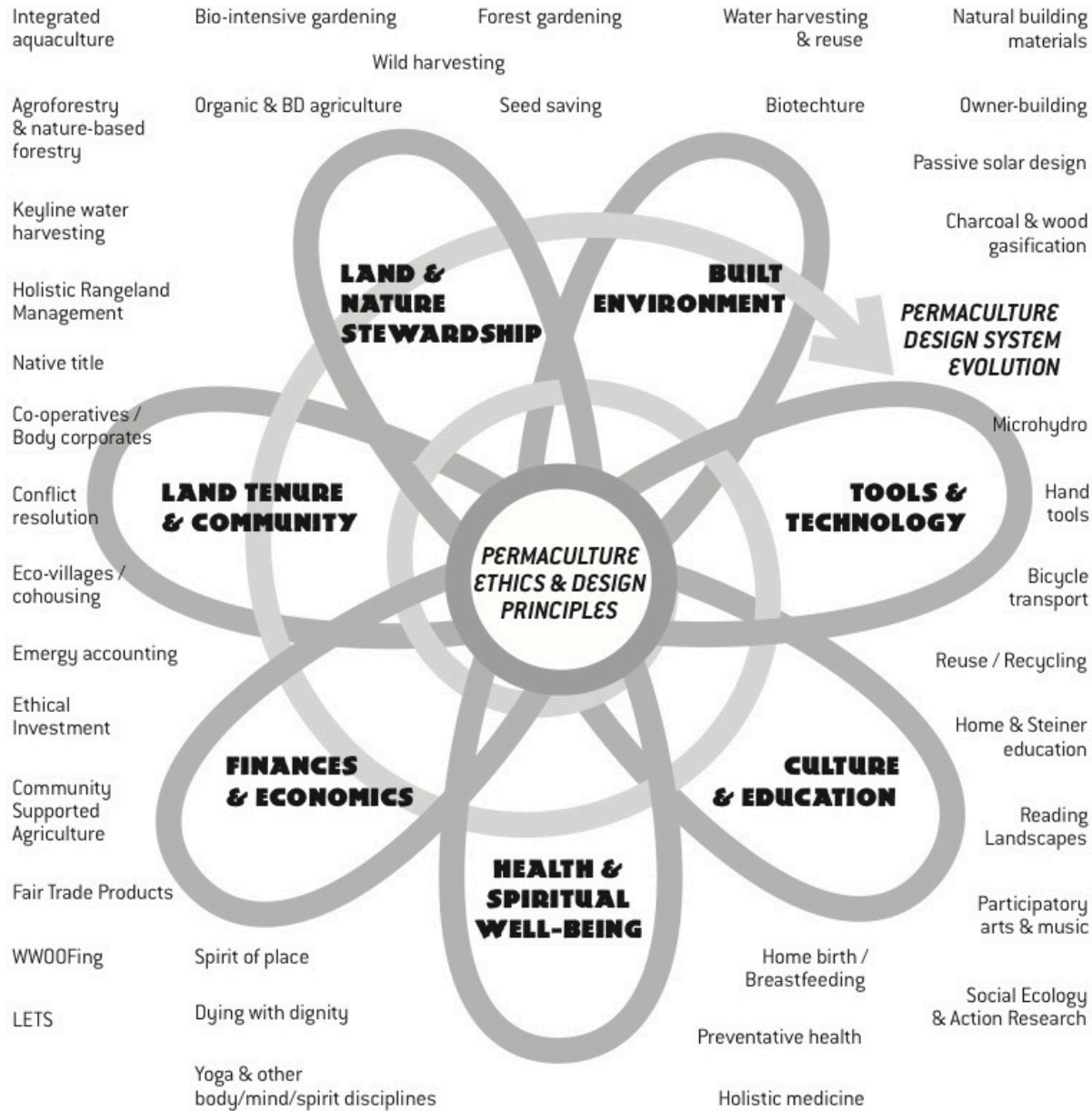
This is the first principle, because without a healthy earth, humans cannot flourish

Take care of the people: *Provision for people to access those resources necessary for their existence*

Share the surplus: *Healthy natural systems use outputs from each element to nourish others. We humans can do the same. By governing our own needs, we can set resources aside to further the above principles. (Sourced from Wikipedia)*



THE PERMACULTURE FLOWER



WHOLE LIVING SYSTEMS



PLANET EARTH – The Blue Marble Planet : A self-regulating complex system

High-res images : <http://www.nasa.gov>

WHOLE LIVING SYSTEMS



THE NEW FOREST : Part of the Blue Marble Planet - A self-regulating complex system

Inner and Outer Transition

How do we create lives, which promote individual, community, and planetary health and wellbeing?



WHAT IS THE TRANSITION MOVEMENT?

(AKA Transition Towns / Transition Network)

- Grassroots movement of over 1000 community initiatives across the UK and around the world
- Based on the principles of Permaculture ('Permanent Culture')
- Building community resilience and self-determination
- Assisting people to respond to major changes:
 - no more cheap (non-renewable, fossil fuel-based) energy
 - rising CO2 emissions and our impact on the world's climate
 - the economic crisis



WHAT HAS NEW FOREST TRANSITION ACHIEVED?

Some Highlights & Key Dates:

- November 2008 : HEAT EXCHANGE
- April 2009 – LOCAL FOOD CHALLENGE STARTS
- March 2010 – HALE LOCAL FOOD MARKET
- September 2010 – LOCAL FOOD SUMMIT
- January 2011 – PARTNERSHIP WITH BNF (Food Challenge)
- June 2012 – COMMUNITY APPLE PRESS PROJECT
(Via Ashbury & Colbury Community Group)
- July 2012 – SCHOOLS ENERGY PROJECT
- February 2013 – 2030 VISIONING DAY
- **OCTOBER / NOVEMBER 2014** – LIVE & UNLEASHED :
TRANSITION EXHIBITION (New Forest Centre)





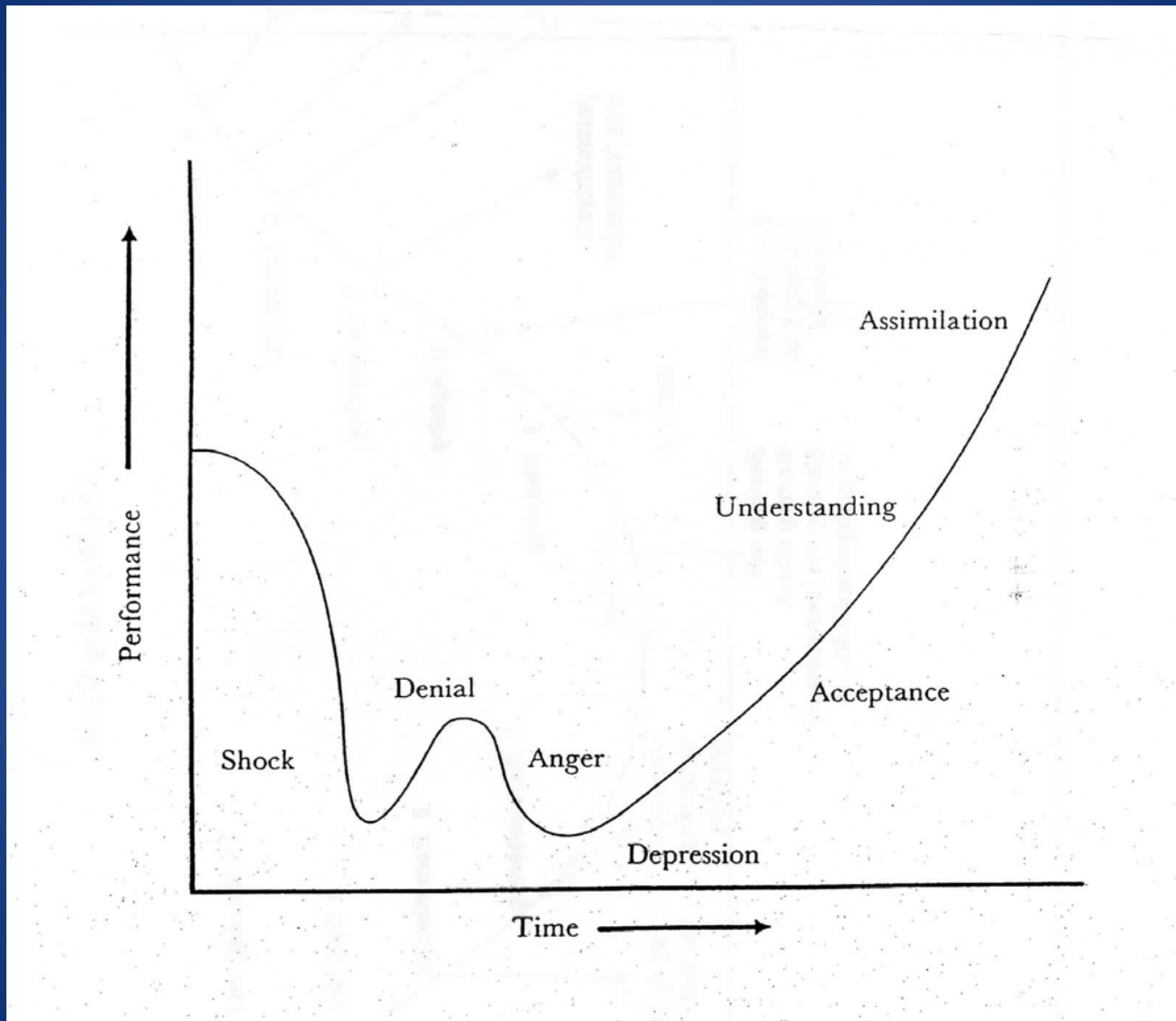
Life is an Adventure

Life is an Exploration

Transition is “the process of changing from one state to another”

The Transition Movement is an experiment, in the sense that no-one has been here before us

THE STAGES OF REACTION TO CHANGE



Adapted from a model in *Transition, Understanding and Managing Personal Change*.
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THE PROCESS OF TRANSITION

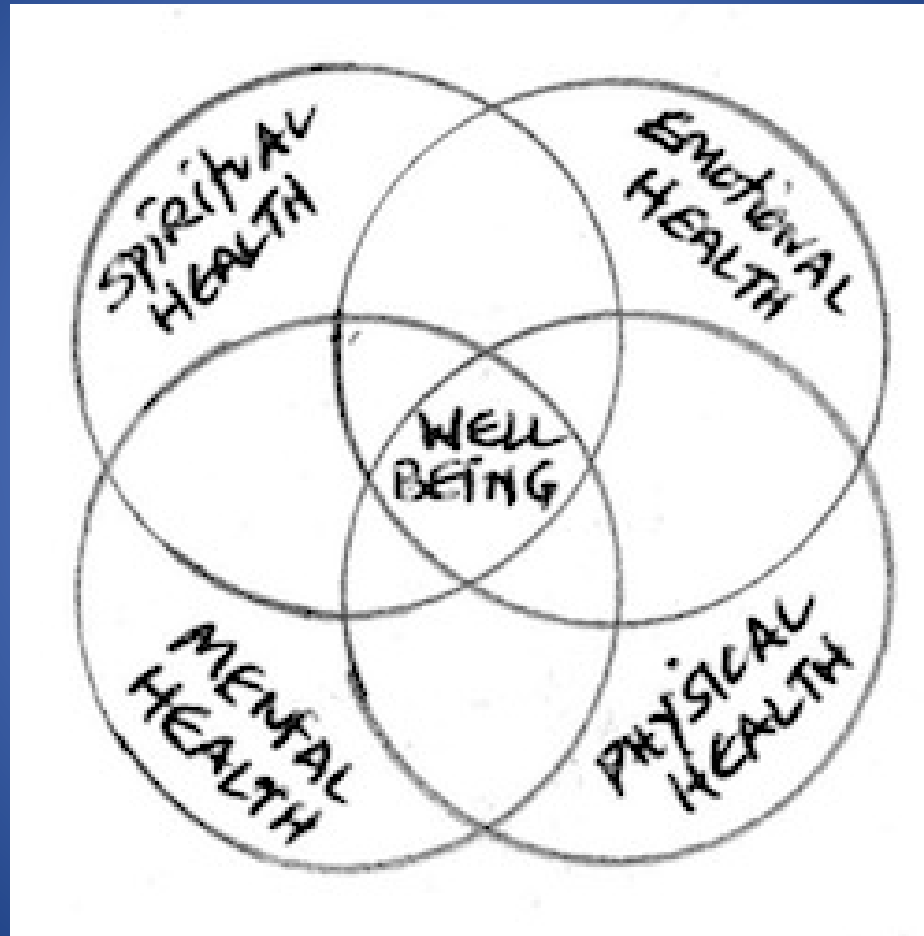
John Fisher (2012) – Fisher's Personal Transition Curve



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resource from www.businessballs.com with permission
of John M Fisher. See the theory and explanation at
www.businessballs.com/personalchangeprocess.htm

NEW FOREST TRANSITION TRAINING II

WELLBEING and COMMUNITY



WELLBEING – The Gestalt of Health (Whole or Holistic Health)

WELLBEING & COMMUNITY as WHOLE LIVING SYSTEMS

RESILIENCE

“Pliability.”

“Buoyancy.”

“Speedy recovery from problems.”

Some thoughts and reflections...

- RESILIENCE is how we can maintain WELLBEING and WELLDOING particularly in times of transition and adversity

through....

- taking care of ourselves and the environment
- knowing what feeds us, replenishes us, recharges us
- preserving inner and outer balance and good health
- the ability to sustain HOPE.

WELLBEING & COMMUNITY as WHOLE LIVING SYSTEMS

RESILIENCE

In the Transition Companion three factors are identified that determine how resilient a community can be:

- 1. self determination; an ability to take decisions on a local level in a democratic manner*
- 2. a diversity of skills within that community and a system to pass those skills on, as well acquire new ones*
- 3. the collective vision and the planning and the implementation*

Adapted from, Ann Owen, What Is This Resilience Anyway?

(Originally published by Transition Network)

Sourced from: <http://www.resilience.org>

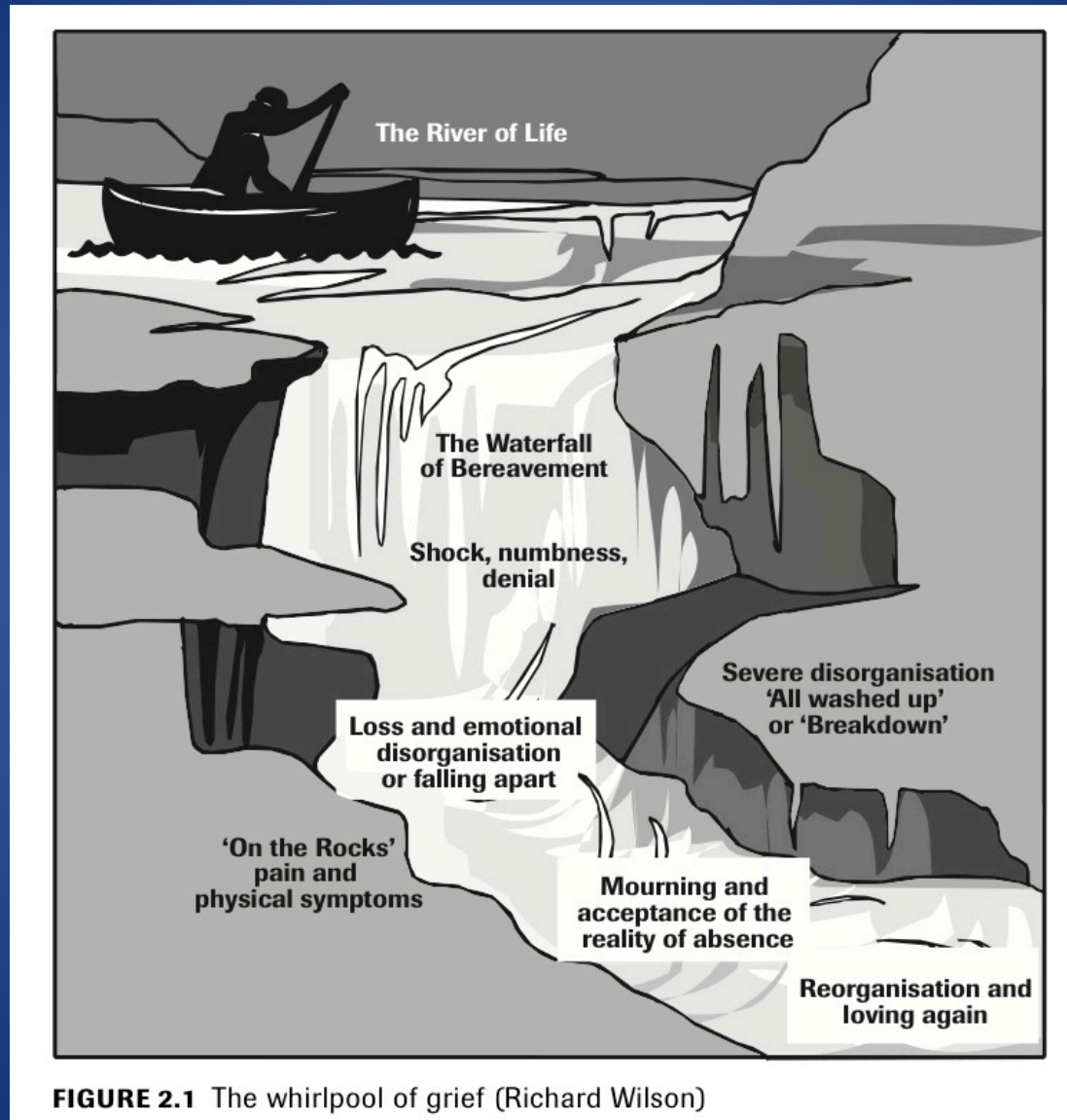
WELLBEING & COMMUNITY as WHOLE LIVING SYSTEMS

RESILIENCE

“We need a realistic guess at that which is going down in the world. There is likely to be a time of mourning, blaming, anger even, depression and hopelessness.”

Ann Owen, What Is This Resilience Anyway?
(Originally published by Transition Network)
Sourced from: <http://www.resilience.org>

LOSS, GRIEF & MOURNING as part of Transition, the Process of Change



RICHARD WILSON : THE WHIRLPOOL OF GRIEF

WELLBEING & COMMUNITY

As Whole Living Systems



*"We have to look after our inner landscape,
as well as our outer landscape."*

Satish Kumar, Editor of Resurgence and
Ecologist Magazine

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New Forest
transition
harnessing local energy



Welcome to the New Forest

The New Forest is a Special Area of Conservation (SAC) and a Site of Special Scientific Interest (SSSI). It is a unique landscape of heath, woodland, and open forest, with a rich history of human activity. The New Forest is a Special Area of Conservation (SAC) and a Site of Special Scientific Interest (SSSI). It is a unique landscape of heath, woodland, and open forest, with a rich history of human activity.

Forest Enterprise
in partnership with the Forestry Commission